

## ABSTRACT OF DISCLOSURE

A method of introducing ink in an ink-jet recording apparatus including an ink-jet printing head which ejects, to a recording medium, the ink through nozzles thereof, the method including the steps of: a first ink-introducing step of initially introducing a first ink into the ink-jet printing head when the ink-jet printing head is initially used, the first ink having a first degree of deaeration; and a second ink-introducing step of subsequently introducing a second ink into the ink-jet printing head after the first ink-introducing step, the second ink having a second degree of deaeration, which is lower than the first degree of deaeration.